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# HEALTHY MOTHERS, HEALTHY BABIES NEWSLETTER

2030 Eleventh Avenue, Suite 10 • P.O. Box 876 • Helena, Montana 59624 • (406) 449-8611

Fall 1991

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Volume 3, No. 2

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## Healthy Mothers, Healthy Babies receives U S WEST Foundation Grant for Families Count Project

The U S WEST Foundation donated \$223,030 to aid HMHB, the Montana Coalition help enhance parenting skills and better prepare youngsters for a successful education.

The three-year grant will fund the new "Families Count" project, which will involve health and social welfare professionals, business, church and civic leaders, educators, parents and elected officials.

George Ruff, US WEST Communications vice president in Montana, said, "Research in recent years has increasingly linked children's educational and personal success to their development prior to five years of age.... More needs to be done and we're committed to fostering the idea that helping parents be good first teachers can make a substantial long-term impact on today's children and tomorrow's young adults. The Families Count project puts that idea into workable programs."

The project is designed to help parents nurture, protect and educate their young children while acquiring life management, employment skills and financial independence.

The grant will include funding for a Families Count support staff responsible for linking existing public and private services for young families on a local and statewide basis.

The project will provide a community resource guide to identify programs benefiting families with young children and establishment of project coordination groups. One group will explore ways existing programs can be coordinated, expanded and made culturally sensitive to Montana's Native American population.

The coalition will work in three communities on creating Parent Centers offering quality child care, parenting education classes, job training and employment assistance services. The center also will provide counseling and assistance in securing nutrition, health, income maintenance and housing services provided by existing community and state agencies.

## Elizabeth Roeth Leaving HMHB

On October 1, 1991, Executive Director, Elizabeth Roeth, will be changing the focus of her life and spending the majority of her time on her personal life. She has a wonderful partner and wants to devote as much time as possible to nurturing that relationship as well as developing other aspects of herself. In addition, Elizabeth will continue her relationship with HMHB on a consulting basis.

Elizabeth has been with HMHB since it's inception in November, 1984, serving as the Steering Committee Chair from 1985 to 1987 when HMHB was a totally voluntary organization. In 1987, when HMHB received a 5-year Henry J. Kaiser grant, she was selected from a number of candidates to be HMHB's first Executive Director.

Since that time, Healthy Mothers, Healthy Babies has grown to be a well-respected independent voice for Montana's mothers, children and families. Hundreds of volunteers provide the expertise, creativity and drive that has made HMHB so successful. Elizabeth serves as the Project Coordinator for the Promoting Action for Teen Health (PATH) project, Montana Children's Alliance, and the Baby Your Baby project. She also played an instrumental role in the development of the Montana Council of Maternal and Child Health.

Elizabeth has always believed in the power of the people involved with HMHB. It is their commitment and passion that makes the difference, provides the integrity of the process, for creating the successful public/private partnerships, and the ability for change to happen.

We will miss her enthusiasm, her energy, her guidance and unwavering tenacity. THANK YOU ELIZABETH!

PLEASE RETURN



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## Board of Directors

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## Newsletter

**Editing, Design & Typesetting:**  
Suzanne Wilcox,  
McKibben & Wilcox

Projects of Healthy Mothers, Healthy Babies - The Montana Coalition, and this newsletter are in part made possible by funding from The Henry J. Kaiser Family Foundation, the Stuarts Foundation, and the Northwest Area Foundation.

## PRESIDENT'S MESSAGE

### "Pooh's Puffs"

I would like to tell you all how well you have done in this past year. In a time when the only words at the legislature were "cut, cut, cut," we held our ground and even made some significant headway. Thank you all for educating your legislators about the importance of maternal and child health! There is still much to be done and I feel a great deal of confidence that our greatest gains in MCH well-being are yet to come. To paraphrase Admiral Perry "damn the naysayers -- full speed ahead."

19 communities held Baby Your Baby Forums, totaling over five hundred people in attendance, looking at ways of reducing barriers to access to care for pregnant women. Those of you at the grass roots level that choreographed the meetings truly did an outstanding job! Many communities are meeting regularly to eliminate the barriers and are working on establishing local Healthy Mothers, Healthy Babies.

The staff and many volunteer advisory groups have done "yeo-persons" work to submit grants for continued funding. Grants have been submitted to Federal Office of Substance Abuse and Prevention, W.K. Kellogg Foundation, Casey Foundation, U.S. West Foundation, March of Dimes, and the Children's Trust Fund. To date, funding has been awarded by U.S. West (3 years), March of Dimes and the Children's Trust Fund.

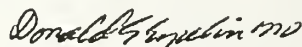
The local Healthy Mothers, Healthy Babies and PATH Coalitions are making a tremendous contribution and differences in their communities. In addition to educating their legislators on issues, they conducted the annual HMHB Baby Food Drive which brought tons of food to needy babies. They have worked with school systems to have strong comprehensive health education program, held special events for teens, parents and the community around issues of teen sexuality, worked to bring health care providers to their communities, plus many more activities to improve maternal child health.

The Board reluctantly must say goodbye to Board Member, Chuck Ball. Chuck has left March of Dimes and taken a new position. We will greatly miss his enthusiasm and creativity. We wish him well.

A hearty welcome to Rev. Ken Moore, HMHB newest Board member. Ken has been a member of the PATH Task Force for several years, a member of the Steering Committee, and member of the Montana Children's Alliance. His insight, sensitivity to issues and his commitment to MCH has already made a difference! He's a great addition to the Board!

The 1991 ANNUAL HMHB RETREAT will be held October 15-17 at Canc Ridge West in Lincoln. This retreat is a critical time for us to evaluate our work, develop our goals and objectives for the next year and continue our long-range planning. Our friend, Paul Shaheen of Michigan will be there with us. Paul is a national figure in MCH issues and we will learn much from him. **WE NEED YOU THERE!**

**GOD SPEED!**



Donald E. Espelin, M.D.

## C A L E N D A R

Fetal Alcohol Syndrome & Effects, Helena for registration or more information contact: Katherine Berry, MS or Susan Lewin, MD, Shodair Hospital 444-7530 or 1-800-477-6614	September 26-27
Early Childhood Education Symposium, Bozeman	September 26-28
National HMHB Conference, Washington, DC	September 26-29
Children Having Children Conference, Billings for information call 1-994-4930, Yellowstone Valley HMHB Coalition PATH Project	October 3-5
National Child Health Day	October 7
Montana Children's Alliance, Helena for more information see page 11 of this newsletter or call HMHB	October 8
Third Annual Conference on Mental Health Issues for Consumers, Family Members, Providers, Advocates and Public Officials, Helena	October 10-12
HMHB RETREAT, Cane Ridge West, Lincoln contact HMHB for more information	October 15-17
Healthcare for Montanans, Helena	October 24-25
Rocky Mountain Childbirth Education Conference, Missoula	November 7-8
National Perinatal Association 1991 Annual Clinical Conference and Exposition, Boston	November 7-10
MIAMI Council Meeting, Helena	November 20

## Resources Available

### HMHB

HMHB brochure

Exhibit

Slide presentation

MCH Resource Directory

Speakers Bureau kit

Riskline brochure

Baby Your Baby brochure

Baby Your Baby poster

### PATH

PATH brochure

Montana Adolescent  
Health Survey Results  
Report, (survey  
of adolescents)

Statistical Slide Show  
exhibit

Market Survey Report  
on adolescent sexuality  
(survey of adults)

Youth Yellow Pages  
preparation kit

Slide presentation

*Empowerment is  
the creation of an  
environment in which  
individuals are  
encouraged to develop  
toward their full  
potential.*

*-- John Adams*

## Kiwanis Club of Helena Adopts Baby Your Baby Program

The Kiwanis Club of Helena adopted the Baby Your Baby program as the club's major emphasis project. As part of this emphasis the club contributed \$1,000 to provide incentives to mothers who enroll in the program. For Mother's Day, club members contributed over 100 lbs of baby food and other items to Helena Food Share. The club will be putting up a billboard message promoting concern for younger children. During the year the club will be inviting various speakers as guests so that the membership can be better informed about the needs addressed through Baby Your Baby.

Kiwanis has adopted "Younger Children, Priority One" as its international major emphasis for 1990-1993.



## BABY YOUR BABY UPDATE

Nineteen Montana Communities have participated in Community Forums to provide information about the MIAMI project and the Baby Your Baby campaign. The forums were designed to encourage participation in Baby Your Baby and MIAMI from the over 500 care providers, community leaders, legislators, and social service agency representatives in attendance.

In March 1991 the campaign was officially launched with a special presentation to the legislature and the media hosted by Governor Stephens.

The public campaign uses television as the primary medium for communicating with the public. A network of six television stations across the state reach 86% of Montana's households. Each station committed to airing a weekly Baby Your Baby segment in their newscasts, airing a half-hour documentary every six months, and running Public Service Announcements promoting the 1-800 information line. 52 90-second news segments, 3 PSA's and 2 half-hour documentaries have been produced.

Station:	Segments air:	Starting month:
KULR - Billings	Thursday, 10 pm news	June 1991
KCTZ - Bozeman	Thursday, 10 pm news	May 1991
KXGN - Glendive	Wednesday, 10 pm news	May 1991
KTGF - Great Falls	Tuesday, 5:30 & 10 pm news	March 1991
KTVH - Helena	Friday, 5:30 pm news	April 1991
KCTZ - Missoula	Monday, Wednesday & Friday following 5:30 ABC news	April 1991



A radio campaign augments the television effort. In May, 4 30-second PSA's were sent to all 73 Montana radio stations. Reports on usage have been requested.

The airing of the first Baby Your Baby television documentary was promoted with newspaper ads paid for by Blue Cross/Blue Shield. Ads appeared in the Billings Gazette, Bozeman Chronicle, Great Falls Tribune, Helena Independent Record, Missoulian and Glendive Ranger Review.

In addition to television, radio, and newspaper promotion Baby Your Baby is being promoted with pamphlets, full-color posters, a care provider's guide and a Baby Your Baby information card. Local HMHB Coalitions, health care providers, state and county offices, as well as the media are distributing 20,000 Baby Your Baby informational pamphlets. In addition, 2,500 full-color posters promoting the 1-800 Baby Your Baby public information line went to television stations, local HMHB Coalitions, County Health Departments, selected local contact people and Medicaid Offices. A Care Provider's Guide to Baby Your Baby was produced and distributed to care providers across the state. Finally, Social and Rehabilitative Services mailed 27,000 Baby Your Baby information cards to all Medicaid and AFDC recipients in Montana.

As a result to the Baby Your Baby promotional efforts, 207 calls were received on the 1-800-421-MOMS line between the end of March and the end of June. Ages of women who called ranged from 16 to 42 years of age. Of the calls, 118 were from women requesting assistance.

44% of those calling needed assistance with their pregnancy. Of those:

- 13% had not had a pregnancy check-up
- 9% needed help in finding a doctor to provide care
- 20% needed help in paying for the doctor and delivery
- 19% needed help in paying for healthy food
- 14% needed help to stop smoking
- 16% of respondents were under 18 years of age and 10% were over 34

When a woman calls, a brief questionnaire is completed to help ascertain the caller's needs. If the caller needs assistance, she is given a number to contact in her community and a copy of her request is sent to that person for follow-up as well as to the Department of Health and Environmental Sciences for tracking and follow-up.

Within two weeks of the call, HMHB mails the "First Fifteen Months With Baby" Calendar as an incentive to continue prenatal care. Following the anticipated date of birth a follow-up questionnaire is sent. As an incentive to mail it back, the mother receives an order form for a free commemorative birth certificate signed by the governor of Montana.

The second year, beginning in March 1992, will continue the same efforts with the addition of 24 outdoor billboards, 270,000 Baby Your Baby information cards mailed in Montana Power bills and a number of special events co-sponsored by local HMHB Coalitions and television network affiliates.



# HEALTHY MOTHERS, HEALTHY BABIES PATH PROJECT

Promoting Action for Teen Health

2030 Eleventh Avenue, Suite 10 • P.O. Box 876 • Helena, Montana 59624 • (406) 449-8611

Children  
Having  
Children II



## Children Having Children

*"Let's Talk, Let's Act" Adolescent Sexuality Conference Scheduled for October 3, 4, and 5.*

*Children Having Children: Adolescent Pregnancy Conference will be held at the Sheraton Hotel, Billings, on October 3 through 5. The conference is titled "Let's Talk, Let's Act - An Adolescent Sexuality and Pregnancy Prevention Conference."*

*Featured speakers include: Reed Tuckson, MD, National March of Dimes Office and Mary Lee Tatum, M.Ed., Human Sexuality Curriculum Development & Teacher Training. For more information, contact the Office of Continuing Education for the Health Professional, Montana State University (406) 994-4930 or Marge Eliason (406) 656-3276.*

## PATH UPDATE

### LOCAL COALITION ACTIVITIES

#### Alliance for Youth/ Project Choice, Great Falls

In February 1991, the Alliance for Youth sponsored "Let's Talk Month" and brought in motivational speaker and author, Bill Sanders, who spoke to approximately 300 parents and teens during an evening presentation. The following day, Mr. Sanders spoke to approximately 1500 adolescents at two middle schools and the alternative high school. The Alliance also sponsored Dr. Don Bartlett, a Native American motivational speaker who conducted an evening seminar for parents with approximately 275 people in attendance. In addition, Dr. Bartlett spoke at three high school assemblies which included all high school students in Great Falls (approximately 1900 students). Dr. Bartlett received a standing ovation at each of the assemblies for his presentation on how to overcome handicaps and disabilities to succeed in life. Through his presentation, students were also made aware of Native American issues and hardships associated with life on an Indian reservation.

In March, the Alliance established a youth board of 12 adolescents who are responsible for planning video dance parties. The dances are in the theme of "American Bandstand" where couples are televised as they dance. The videos are then played on the local television station. Video dances began in April with three held at the Great Falls airport prior to the end of the school year. Approximately 300 youth attended each dance and the popular event will be repeated during the 1991-92 school year.

*continued on page 6*

## Upcoming Task Force Meetings:

*Thursday, October 3, 7:30  
am to 12 noon at the  
Children Having  
Children Conference in  
Great Falls  
Thursday, November 21*

Task Force meetings are regularly held in the HMHB Conference room, 2030 11th Avenue, Helena from 9:30 a.m. to 3:30 p.m. Anyone interested in attending a coming meeting is welcome. Please contact Judy Garrity at HMHB.

## Statewide Conference

A PATH statewide conference is planned for the Fall of 1992. The conference will be open to adults and youth and will encourage the active participation of youth as panel members, discussion leaders and activities coordinators. Dates to be announced.

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## Teen Day

The PATH Task Force is planning activities for a statewide Teen Day to be held on February 7, 1992. Communities are encouraged to host in-school and out-of-school activities to honor teens.



### **PATH UPDATE, continued**

#### **Tri-County Youth Council, Helena**

Progress has been made in introducing the Teens in Partnership Program at C.R. Anderson Middle School. They have held two meetings with parents and kids -- about 50% participated. The school principal will go to summer camp with the kids so he can learn more about T.I.P. In early August, Teens in Partnership held a "lock-in" with 51 Jr. High students, coordinated by 21 high school M.T.I. students with the help of 20 parents. They worked on refusal skills, peer pressure and self-esteem.

M.T.I. participants have been going to elementary schools with DARE officers.

On May 23rd Helena will be one of 15 communities nation-wide that can participate in an OSAP teleconference on developing community partnerships and networks.

#### **Teen Task Force, Mission Valley/Flathead Indian Reservation**

HMHB-Montana conducted a Baby Your Baby community forum in Kalispell on December 5, 1990 with 17 people in attendance. The Forum motivated participants to consider forming an HMHB coalition and monthly meetings were held in the community during January, February and March to investigate these possibilities.

In April, HMHB staff travelled to Kalispell to meet with the developing coalition and to render technical assistance on coalition building and finding a common ground. The group is particularly interested in teen pregnancy prevention and in services to those teens who are pregnant or parenting.

In February and March, the Task Force prepared reservation-specific information for the Youth Yellow Pages and finalized arrangements to print this informational hand-out.

Two thousand Youth Yellow Pages were printed in May and are being distributed to local schools, social service agencies, physicians and the health department. The Task Force received funding for the Youth Yellow Pages from the 4-H Council, 4-H Club, YMCA, public school districts, and the Salish and Kootenai College.

#### **Gallatin County Prevention Coalition, Bozeman**

Gallatin County is one of the 95 communities nationally receiving funding for a five-year project through the U.S. Office of Substance Abuse Prevention, community partnership initiative. The coalition is an affiliate member of Healthy Mothers, Healthy Babies. Joye Kohl, the Project Director, is a member of the HMHB Steering Committee and PATH Task Force.

During February, a team of ten coalition members travelled to Seattle for four days of OSAP training. The Coalition continues to gain organizational members and to forge agreements with organizations for prevention of substance abuse and other high risk behavior of youth. The coalition is forming an active referral network and educational activities and planning to implement a variety of interventions in the 1991-92 school year.

#### **HMHB Butte Coalition Teen Project**

During February the coalition assessed the impact of a tutoring program which involved 30 adult tutors and 60 students. School grades improved considerable for those teens who were involved.

The coalition has worked with the Silver Bow County Extension Service and fourteen coalition members receive "Active Parenting" training through the Extension Service during the Month of March.

#### **Healthy Mothers, Healthy Babies, Yellowstone Valley Chapter, Inc., PATH Project**

The Annual Meeting was held February 1991. Goals and objectives for the committees were reviewed; all were achieved. A new organizational structure was adopted; standing committees will be: Executive Committee, PATH Project Committee and Baby Your Baby Committee. Others will be ad hoc committees and include the program, membership, resource directory, and policy study committees. The officers are Doris Biersdorf, RD, President; Claudia Stephens, Vice President; Joan McCracken, Treasurer; Lynne Gillig, Secretary.

Recent efforts of the PATH project have been concentrated on formulat-

ing plans for "Children Having Children II," An Adolescent Pregnancy and Sexuality Conference. Mark your calendars for the statewide conference to be held at the Sheraton Hotel in Billings on October 3, 4, and 5. Four nationally recognized speakers will offer information sessions to participants. This conference is modeled after the first Children Having Children conference sponsored by the coalition in 1988. That conference drew over one hundred participants and this one is expected to draw even more.

#### **Ennis Community Coalition Youth & You in Partnership**

April saw a vast majority of prom-goers attending an all-night after-prom event sponsored by a community coalition. A prize was donated by a local bank and awarded by drawing to one of the party participants. The prize was the interest earned on \$1,000,000 in one day. It was offered as an incentive for attendance as well as an educational tool to encourage students toward higher education and careers.

The Coalition has formulated plans for interventions in all areas of interest: chemical dependency, social activities and teen pregnancy prevention.

#### **HMHB Healthy Families of Ravalli County**

The paperwork to join the Montana coalition is nearing completion. Healthy Families supported the March of Dimes Walk-America both by walking and monetarily raising funds. This was held in April on a cold and rainy day. Committees are being formed and plans made to coincide with State Teen Day February 7, 1992. We are also planning a booth at the Ravalli County Fair to be held late August. Two meetings a month are the plan, there are those who cannot attend an evening meeting, a brown bag informational meeting is held the week after the evening one to accommodate this group. Attendance at the last two meetings was in the twenties during the noon hour. We have had Parenting classes in Stevensville, Darby and Hamilton with good attendance.

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# Montana Perinatal NEWSLETTER

The Newsletter of the Montana Perinatal Association

Fall 1991

## Letter From the President

This year's Montana Perinatal Association meeting in Great Falls helped kick off an exciting year for the Montana Perinatal Association. It was fun to see familiar and new faces attend our annual meeting and to spend time with everybody, both in the workshops and socially.

This meeting promised to be one of the best meetings ever and was quick to exceed our expectations. We gave a warm Montana welcome to Dr. Robert Eden from Wayne State University in Detroit who spoke on high-risk perinatology issues. As always, home talent was well received from Dr. John Opitz, geneticist at Shodair Children's Hospital, from Joan Fitzgerald, a nurse from Shodair's Genetics Program, and from Dr. Mary Ann Guggenheim, Pediatrics Neurologist from Helena. Finally, it was nice to switch gears and get on a more "ethical" level with Jonny Cox, Ph.D. and R.N., from Spokane and Christina Litchfield, R.N., University of Washington Regarding "Teenage Prostitution."

The meetings and workshops were of the highest quality and I thank all of the speakers and all of you for taking time out of your busy schedule to make this one of the best meetings ever.

For those interested in next year's meeting, I would like to recommend putting a date-saver on your calendar for April 24 and 25, 1992. We voted to hold that meeting at Fairmont Hot Springs and it promises to be a nice combination of relaxing fun for the family and scientific workshops for our academic appetites!

We did have a number of pressing issues that we tackled during our business meeting at the Montana Perinatal Association meeting. The hardest of which was the decision to separate from the National Perinatal Association and keep our yearly dues at the current rates. We are confident that this will work out best for all parties involved, yet still keep the Montana Perinatal Association affordable to all its members without compromising our ability to serve you. We also held elections at the business meeting. New officers include the following:

**President:** Craig C. Matelich, M.D. (Great Falls); **Vice-President:** Dale Landes, M.D., (Billings); **Secretary:** Dan Harper, M.D. (Missoula); **Treasurer:** Carol Toppin, R.N. (Great Falls); **Nomination Committee:** Laurie Dalen; **Outreach:** Jonne Dodson; **Members-at-large:** Corrine Bell, D.O. (Great Falls), Janelle Hayes, R.N. (Great Falls); and Doris Olson, MSW (Billings). I would like to extend a warm welcome and best wishes to our Executive Committee and wish them luck serving you for the next two-year term.

As your new president, I am always interested in serving you and hearing your ideas. Please let me know if there are any suggestions for directions you would like the Montana Perinatal Association to take. We are always interested in hearing from those of you who will help us keep the Montana Perinatal Association running smoothly. Any volunteer time would be very much appreciated.

Sincerely

Craig C. Matelich, M.D.

## Montana Geneticist Receives National Lifetime Achievement Award for Work on Birth Defects

**John M. Opitz, MD**, founder of *The American Journal of Medical Genetics* and an international authority on the identification of birth anomalies, was recently awarded the 1991 March of Dimes/Colonel Harlan Sanders Award for lifetime achievement in the field of birth defects.

Dr. Opitz is Chairman of the Department of Medical Genetics at Shodair Children's Hospital in Helena, a department he helped create and has headed since 1983.

The advisory committee for the award said Dr. Opitz has been at the center of all major research developments in clinical genetics. He was especially praised for his work in recognizing and delineating new disorders. "In virtually any country in the world, when one talks of clinical genetics and the individuals that made it great, John Opitz's name would be on the discussant's lips," the committee members wrote. "His contributions to our understanding of human malformation syndromes, hereditary forms of mental retardation, and mechanisms of sex determination and differentiation are legion."

Dr. Opitz's research has been supported by several grants from the March of Dimes Birth Defects Foundation.

In 1977, Dr. Opitz founded *The American Journal of Medical Genetics*, of



## Study Completed on Barriers to Prenatal Care in Montana

### Sandy Hale

The Montana Department of Health and Environmental Sciences (MDHES), in cooperation with the Montana Hospital Association (MHA), recently completed a study on accessing prenatal care for Montana women. Entitled "Barriers to Prenatal Care for Montana Women," this report describes the characteristics of maternity patients in Montana, identifies barriers to care, and investigates factors that impact access to care. The report represents pivotal baseline data, never before collected in Montana, to which future studies may be compared.

To summarize some of the key findings:

Montana women are more likely to seek prenatal care late if they:

- are single
- do not have a high school education
- are on Medicaid or living in poverty.
- are under age 19
- are Native American

In addition, there is a definite relationship between not feeling well during pregnancy, or being upset or ambivalent about being pregnant, and not seeking health care during the first six months of pregnancy.

The most common barriers in the health care delivery system are:

- the high cost of prenatal care
- the lack of ideal appointment schedules offered by providers (difficulty in scheduling meant either having to wait a long time to get in to see the doctor in the first place, or when able to be seen, waiting a long time in the doctor's office.)

Major recommendations of the study include:

- Efforts need to be exerted in Montana to train, recruit, and retain mid-level practitioners, especially nurse practitioners, both to provide prenatal care and to attend births.
- Alternative birthing centers need to be piloted by community hospitals which offer more choices to families and can offer less costly delivery services.
- Home visiting programs need to be increased for the prenatal and postpartum period, especially for first-time mothers and high-risk women.

For more information, contact: Family/MCH Bureau, Montana Department of Health and Environmental Sciences, Cogswell Building, Helena, MT 59620 (Phone: 406-444-4740).

## 1st Annual Rocky Mountain Childbirth Education Conference

November 7 & 8

Village Red Lion Inn,  
Missoula

For more information contact:  
Education Resources  
Community Medical Center  
Missoula  
728-4100 ext. 5357

Featuring  
Keynote Speaker:  
Penny Simkin

### Award, continued from page 1

which he remains editor-in-chief. The journal holds a leading position in the world literature on the subject.

Dr. Opitz earned both his B.A. and his M.D. degrees from the State University of Iowa. His former faculty appointments include Clinical Professor of Pediatrics and Medicine at the University of Washington at Seattle, and Adjunct Professor of Medical Genetics and Pediatrics at the University of Wisconsin at Madison. He is the author of over 300 scientific articles and several books.

The March of Dimes/Colonel Harlan Sanders Award is granted annually to an individual whose lifetime body of research has made a significant contribution toward the prevention or treatment of birth defects. The award includes a \$3,000 honorarium that will be donated to Shodair Children's Hospital for continuation of Dr. Opitz's pioneering work.

## National Perinatal Association

### 1991 Annual Clinical Conference and Exposition

*Interdependence: The Perinatal Health Care Trend of the 90s*

November 7-10, 1991

Boston Marriott Copley Place, Boston, Massachusetts

This conference will discuss the real dilemmas regarding access quality and the cost of perinatal health care and the need for a collaborative reappraisal of our health care system.

Interdependence becomes a key word reflecting the interrelated efforts of all "players" within the perinatal health care system.

Plenary session topics will include: Ethics, Politics and Law; Perinatal Nursing Models; The Content of Prenatal Care; Coping with Perinatal Grief; Postpartum Depression.





# HEALTHY MOTHERS, HEALTHY BABIES

## 1992 Membership Application/Renewal

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

ORGANIZATION: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE, HOME: \_\_\_\_\_ WORK: \_\_\_\_\_

### Membership Dues:

- ☐ Sustaining Member \$200
- ☐ Organizational Member \$50
- ☐ Individual Member \$15
  
- ☐ Donation \$ \_\_\_\_\_

### Please check one:

- ☐ New Member
- ☐ Renewal

Enclosed is my check for \$ \_\_\_\_\_

*Please complete and send to HMHB, P.O. Box 876, Helena, MT 59624*

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*Please -- Give This Form to a Friend*

# HEALTHY MOTHERS, HEALTHY BABIES

## 1992 Membership Application/Renewal

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

ORGANIZATION: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE, HOME: \_\_\_\_\_ WORK: \_\_\_\_\_

### Membership Dues:

- ☐ Sustaining Member \$200
- ☐ Organizational Member \$50
- ☐ Individual Member \$15
  
- ☐ Donation \$ \_\_\_\_\_

### Please check one:

- ☐ New Member
- ☐ Renewal

Enclosed is my check for \$ \_\_\_\_\_

*Please complete and send to HMHB, P.O. Box 876, Helena, MT 59624*



### **PATH UPDATE, continued**

The coalition in Ravalli County conducted a needs assessment, sponsored a parenting class and provided resources for a day care center. A long-term goal is the establishment of a teen center. The Coalition submitted a proposal for substance abuse prevention and are promoting a "Healthy Family" column in the local newspaper. The coalition also put together resource information for the youth yellow Pages which has been printed and will be distributed at the Ravalli County fair with a later distribution to youth in the schools.

### **HMHB Helena Area Coalition**

From December through March of 1991, the Helena area coalition constructed a community plan for meeting the needs of pregnant women. Carroll College students were identified to provide transportation to prenatal care appointments and day care providers were identified for drop in care while mothers attended clinic appointments.

St. Peter's Community Hospital hosted and sponsored a city-wide softball tournament May 4th and 5th. The proceeds, totalling \$867, were generously donated to the Helena HMHB Coalition. The Coalition wishes to express its gratitude to St. Peter's for its support and donation.

Mother's Day the preceding week was celebrated by a baby food drive. Several area churches and local merchants cooperated with the Helena Coalition in collecting large amounts of baby food for the Helena Food Share.

### **Eastern Montana HMHB, Richland County**

The Eastern Montana coalition continues to offer prenatal classes to pregnant teens. During the past several months, Joann Aldridge, co-chair of the coalition was invited to represent the coalition on a project of the Fairview Presbyterian Church. The group applied for and received fund-

ing from the national Presbyterian Church Association to provide a facility where migrant workers could socialize and receive various services.

### **Sanders County HMHB**

The Sanders County coalition actively promotes and facilitates prenatal classes. Several hours of instruction are given in two-day intensives or as a weekly class. Access to care is a serious problem to pregnant women in Sanders County. The coalition has devised several methods for transporting women to Missoula where they can receive proper care.

The coalition has been actively working to get additional funding for a nurse practitioner, continuation of the series of prenatal classes for Sanders County expectant mothers, parenting classes, and classes providing the basics on care for infants and children. There are many needs.

The local coalition held a home-made pizza fundraiser that was very successful, and more recently a not-so-successful submarine sandwich sale.

In addition, the coalition recently had the opportunity to have an informational table for the local Hospitals' Twentieth Anniversary Celebration. The coalition has the support and participation of many dedicated people and they expect many good things to happen in Sanders County.

### **Beaverhead County, Dillon**

HMHB presented a Baby Your Baby forum in Dillon in November 1990, with thirty-six people in attendance. The forum generated a great deal of enthusiasm for initiating a community coalition, and as a result, a core group of people began working on coalition development.

In June, HMHB and the coalition worked together to formalize the structure of the coalition, identify goals and objectives, and establish timelines. The coalition plans to begin teen sexuality classes in the schools this fall as well as implementing several other projects.

### **Northern Cheyenne Indian Reservation**

Since Lame Deer was the host of the 1991 sobriety camp-out, the coalition was intimately involved in planning the activities for this four-day event. The camp-out drew 921 Native American adults and 432 youth from throughout Montana, Wyoming, South Dakota and a few other western states. Included in the camp-out events were a "Toddler's Toddler" to promote prevention of fetal alcohol syndrome and fetal alcohol effect. The 36 toddlers who participated in the event wore tee-shirts proclaiming "born sober." Nationally recognized native American speakers presented information on such topics as shame and sexuality as they relate to chemical dependency.

### **Custer County, Miles City**

During December of 1990, a Baby Your Baby community forum was held in Miles City. As a result, several of the participants became interested in forming an HMHB coalition. In March, HMHB-Montana returned to Miles City to conduct a coalition building workshop. In preparation for this workshop, an article was published in the Miles City newspaper regarding the development coalition and encouraging community participation.

Ernie Bighorn, instigator of the coalition, has been working with HMHB for some time to develop coalitions on all Indian reservations in Montana as well as all communities which have a Native American Center (Miles City is one of those communities). Mr. Bighorn is a champion of maternal and child health issues in Native American communities and is assisting HMHB in its work with Native Americans. His assistance has been instrumental in preparing a proposal for the Kellogg Foundation to reduce Native American infant mortality and morbidity. Mr. Bighorn was present at a site visit from the Kellogg Foundation held in Billings on June 11.

## New Resources

**REALIZING AMERICA'S HOPE** is a comprehensive initiative to help America respond to the challenges facing its youth. The package includes the following elements:

**Investing in Our Youth** (30-minute documentary); **All Our Children with Bill Moyers** (90-minute documentary and 60-minute discussion); **Making the American Dream Work for Our Children: A New Vision of School Guidance** (60-minute telecast); **Making the American Dream Work for Our Children** (30-minute documentary; also available in Spanish)

**Let's Do It Our Way: Working Together for Educational Excellence** (52-page handbook for the whole community illustrating how to set up a collaborative effort in your community);

**Changing Delivery Systems: Addressing the Fragmentation in Children and Youth Services** (20-page booklet outlining effective collaborative strategies that state agencies can use to improve youth services and stretch limited fiscal resources);

**Guiding Children to Success: What Schools and Communities Can Do** (36-page booklet outlining new strategies for schools, parents and other community members in the field of guidance; also available in Spanish).

These materials may be used together or separately as tools to spur local and state responses to the challenges facing today's youth.

The program descriptions that follow have been broken down into different story segments; the length of each story or discussion period is indicated in the parentheses. This gives you the flexibility to break programs in order to have a discussion period after each story or use just the segment(s) of interest to your organization.

Under the heading - **IDEAS TO GET YOU STARTED** - are suggestions for organizing collaborative efforts or implementing action plans. Also included are examples of what some communities are doing right now.

**Note:** There are no rights restrictions on any of the **REALIZING AMERICA'S HOPE** video or print components, including **All Our Children with Bill Moyers**.

## OUTSIDE THE DREAM: CHILD POVERTY IN AMERICA

Photographs by Stephan Shames;

Introduction by Jonathan Kozol; Afterword by Marian Wright Edelman;

Published by APERTURE in association with the Children's Defense Fund

Support our organization and help America's twelve million poor children with your order for **OUTSIDE THE DREAM**, offered to you at a special member's discount of 10%. APERTURE will rebate 20% of the net price for each book sold to members and friends of Healthy Mothers, Healthy Babies - Montana Coalition.

**OUTSIDE THE DREAM** reveals the condition of the more than twelve million children of poverty who are adrift in affluent America. Over a six-year period, award-winning photographer Stephen Shames has captured on film the horrific, the heartbreaking, and the heroic: the rage of battered children at risk of becoming battering parents, and the love that, against all odds, is often strong enough to bind families together.

Stephen Shames's remarkable black and white photographs document the plight of America's poor children and create a compelling call to action.

"Steve Shames is a tremendous asset to the disadvantaged children of this nation... His photographs have helped bring the plight of poor children to the mainstream public."

Marian Wright Edelman,  
President  
Children's Defense Fund

If you wish to order copies of **OUTSIDE THE DREAM** simply complete the form below and mail to: APERTURE, 20 East 23rd Street, New York, NY 10010

Please send **OUTSIDE THE DREAM: CHILD POVERTY IN AMERICA**. I understand that 20% of the retail (\$29.95 for cloth, \$17.95 for paperback) for each book I order will be rebated to Healthy Mothers, Healthy Babies - The Montana Coalition.

- ☐ Cloth Bound @ \$29.95 (\$3 off regular price) \$
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Name: \_\_\_\_\_ Signature \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Mail to: APERTURE, 20 East 23rd Street, New York, NY 10010



## Measles Travel Advisory

Due to the continuing outbreaks of measles in states which are near Montana, and the potential for travelers to be exposed to measles when traveling outside of Montana, the Montana Department of Health recommends the following:

- Anyone planning travel out of state should be immune to measles prior to leaving Montana. Persons born before 1957 are considered immune and generally do not need measles vaccination. All others should have documented evidence of having 2 doses of live measles vaccine, given at least 1 month apart. Both doses should have been given after the 1st birthday.
- Children under 15 months of age should not go into areas where measles cases have been reported as children usually not protected against measles until they receive their 1st dose of measles vaccine at 15 months. young children are at increased risk for developing measles related complications.

- Anyone who is unsure of their immunization status should call their physician or their local health department.

Specific attention should be paid to ensuring measles immunity in groups of children who will be visiting an area where measles cases have been recently reported (example: baseball, soccer, 4-H, church camps, boy scouts, rodeo, pow wows, etc.)

In certain situations, where potential measles exposure exists (baseball games, soccer tournaments), state and local officials are requiring persons to show written proof (Official Immunization Record) of measles immunity...for participants and fans.

**No measles cases have been reported in Montana to date.**

Please report any rash illness with fever to the Montana Department of Health and Environmental Sciences (DHES) Immunization Program immediately (444-5580).

## Immunization and Healthy Mothers Healthy Babies

During the recent National Immunization Conference, held in Washington, DC., immunization officials were informed about the collaboration between the Centers for Disease Control (CDC), and Healthy Mothers Healthy Babies and other community-based organizations.

Plans are now being made to raise the immunization levels in high-risk children populations. The resurgence of measles in the U.S, especially among unvaccinated preschool children has lead to the development of a comprehensive plan ("the Measles White Paper") by the National Vaccine Advisory Committee. The Measles White Paper addresses problems, barriers and recommendations to improve service delivery and ensure that 90% of children are fully immunized by age 2.

Included in the document is a recommendation for "health departments to reach out to volunteer groups and community-based organizations to build grassroots support for adequate resources for immunization and to en-

hance local request for and prioritization of immunization."

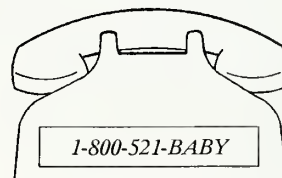
Montana has the same problem as seen nationally: OUR PRESCHOOL CHILDREN ARE UNDER-IMMUNIZED. A recent survey of kindergarten records (a retrospective survey) showed only 53% of Montana children have received the recommended number of doses of vaccines by age 2 (DTP, Polio, MMR). This survey group was 100% vaccinated by the time they were faced with school entry requirements.

Included in the 1992 federal grant announcement for Montana's immunization Program is a requirement to describe collaborative efforts and activities with other agencies, including community based organization, to ensure children receive needed immunizations.

July 16th, a meeting took place with Elizabeth Roeth (HMHB), Dick Paulsen, and Joyce Burgett (Montana Immunization Program). An action plan is being development. Additional information is forthcoming.

*Congratulations to  
Doris and Jeffrey Biersdorf  
and a warm welcome to their  
new baby daughter,  
Jennifer Anne Biersdorf.*

*Jennifer was born on August 14,  
weighing 7 pounds, 2-1/2 ounces.  
Mom, Dad, and baby are all well.*



*Montana Pregnancy Riskline*

## Child Health Day October 7th

This year's Child Health Day theme is Injury Prevention. Injury is the single greatest killer of children through their teen years. More than 17,000 deaths and over 30,000 permanent disabilities are sustained annually from unintentional injuries to children from birth to 19 years of age. Approximately half of these unintentional injuries (8,000) occur among children under the age of 14; the others (9,000) occur among adolescents 15 to 19 years of age. In this latter age group, the majority of deaths are caused by traffic injuries, predominantly from drunk and drugged driving.

Many of these "so-called" unintentional accidents, such as house fires, drownings, or motor vehicle accidents are not random, uncontrollable acts of fate. Public health officials now recognize that injuries are predictable and, for the most part, preventable.

Many Montana communities will conduct events promoting and educating about prevention of childhood injuries. Watch for local activities and plan to participate in your community.

## Honor Your Mother With a Gift Given in Her Name

**H**onor your mother, grandmother or any mother special to you with a commemorative mother's card. With a contribution of \$5 or more to Healthy Mothers, Healthy Babies you can remember a special mother in your life. If you would like to send a mother's card, contact Elsie at HMHB, 449-8611.

*In honor of mothers and all they do:  
the teaching, the caring,  
the touching, the sharing,  
A gift has been given in honor of you!*

Thanks to the following individuals for their donations.

Contributor:	Honoring:	Contributor:	Honoring:
Judy Altonhofen		Armen Hidalgo	Caroline Hidalgo
Lil Anderson	Winifred Williams	Paulette Kohman	Jane Kohman
Patricia Beck	Irene Brandner	Paulette Kohman	Peggy Kandt
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Lynn Bedosky	Mary Bedosky	Kathy McClure	Ruth Waldref
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Marietta Cross	Ellen Cross	Elizabeth Roeth	Joan Fitzgerald
Rose Danhof	Tressa Danhof	Elizabeth Roeth	Karen Northey
Rose Danhof	Darlene Cleveland	Elizabeth Roeth	Marietta Cross
Marci Eck	Marlene Eck	Elizabeth Roeth	Judy Rose
Janet Gardner	Maureen Strong	Elizabeth Roeth	Sherry Jones
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Janet Gardner	Kelly Gardner	Karmon Steinbach	Corrise Nevada
Janet Gardner	Linda Gardner	Karmon Steinbach	Verna Steinbach
Janet Gardner	Gladys Engles	Carolyn Weber	Alice Harshaw
Nancy Giles	Evelyn Kreftmeyer	Jennifer Wells	Carolyn Wells
Laurie Glover	Elsie Beinhardt	Jennifer Wells	Shirley Bryan
Bev Gould	Hazel Gould	Joan Wilson	Tari Ranch
Betty Hidalgo	Minna Liendborg		

## BABY TALK BASICS

The American College of Obstetricians (ACOG) has teamed with the Literacy Volunteers of America, Inc. (LVA) and the editors of BABY TALK magazine to produce an easy-to-read 48-page magazine on prenatal care. This magazine, aimed at women who can read at a grade school level will be distributed in October 1991.

The magazine, which will be available through the WIC program, public health clinics, hospitals, and physicians' offices, will be available to members of Healthy Mothers, Healthy Babies Coalitions when it is released in October. Contact HMHB, the Montana Coalition to order copies.

## What's New In Breastfeeding Support in Montana?

The Obstetric Department at Montana Deaconess Medical Center in Great Falls has established some new programs to promote and support breastfeeding among new mothers. Lynn Cordeiro, RNC, IBCVLC is the hospital's lactation consultant, as well as a member of the HMHB Breastfeeding Committee and Great Fall's Coalition.

For almost two years, MDMC has offered a breastfeeding class as an optional part of the expectant parent class series. It has been well attended by mothers and fathers.

In addition to encouraging early nursing and providing bedside support, OB nurses call post-partum mothers after discharge using a breastfeeding assessment tool. Mothers are encouraged to call back if questions or problems arise.

Mrs. Cordeiro manages referrals from physicians for new mothers who are having breastfeeding difficulties. She feels that networking among all persons dealing with nursing mothers is vital. This includes physicians, midwives, nurses (including those from offices, hospitals & public health departments), government personnel such as WIC, dieticians, childbirth and educators and lay breastfeeding support groups.

More mothers are returning sooner to the workforce. In July, the hospital will begin a class session and discussion group for women who are combining a job with breastfeeding.

Mrs. Cordeiro has also provided breastfeeding education for student and professional groups. She is willing to travel to some parts of Montana. Anyone who is interested in having such a presentation should call her at 455-5300.

Breastfeeding is recognized as the most beneficial feeding method for infants. Unfortunately, breastfeeding initiation rates have been declining in recent years. Many new mothers fail in the early weeks. Lynn Cordeiro says "lets help them to be successful at breastfeeding for whatever period they desire, whether it is two weeks or two years."



## Montana Council for Maternal and Child Health

The Montana Council for Maternal and Child Health, made up of organizations and individuals sharing a professional and personal interest in maternal and child health policy in Montana, has completed its second two-year cycle of research, analysis and advocacy for the women and children of Montana. With the 1991 legislative session behind it, the Montana Council for Maternal and Child Health is now beginning its new cycle of studies and issue analysis for maternal and child health policy in the current biennium.

A workshop on policy issues in maternal and child health, sponsored by the Council, will be held at the April, 1992 HMHB meeting. You are encouraged to attend and contribute to the formation of the next set of legislative and executive policy recommendations of the council.

A narrative of the Council's recent legislative activities was published in its June newsletter, the Monitor. The Council also has available a tally of 10 significant maternal and child health votes from the 1991 legislature. The 4 page chart lists the official final vote of each member of the house and senate on these selected issues, which include MIAMI reauthorization, the well-child insurance mandate, two tobacco issues, increasing Medicaid eligibility, reauthorization of the Montana Medical Genetics Program, the Montana Hunger Alliance bill, corporal punishment, health insurance mandates in general, and lay midwife licensing.

Extra copies of both the newsletter and the vote tally are available from the Council. Send your request, with a self-addressed stamped business-size envelope, to Paulette Kohman, Executive Director, Montana Council for Maternal and Child Health, 2030 11th Ave, Suite 10, Helena, MT 59601.

## MONTANA CHILDREN'S ALLIANCE

The 1991 Children's Agenda legislative results have been disseminated statewide. Of the 33 policy and budget recommendations contained in the Children's Agenda, 24 have been enacted in their entirety as recommended in the Agenda, partially implemented, or are in the process of implementation. All represent a vital focus on the priority of children and family needs in Montana.

The success of the 1991 Children's Agenda has truly been a partnership. HMHB gives it's wholehearted thanks to all of the grass roots organizations and individuals, the legislature, state agencies, program people, and the Governor and his staff for their efforts on behalf of Montana's children.

If you wish to receive a copy of the 1991 Children's Agenda and the Legislative Results please call or write:

MCA, P.O. Box 876, Helena, MT  
59601, (406) 449-8611

*Montana Children's Alliance  
Invites You To Help Formulate  
The Children's Agenda  
for the 1993 Legislature.*

DATE: October 8, 1991  
TIME: 10:00 am to 3:00 pm  
PLACE: 1st Christian Church  
311 Power, Helena, MT

The agenda for the day includes orientation for new members and a look at the comprehensive picture. In addition, Senator Mignon Waterman and Representative Jim Rice will present a legislative perspective of children's issues for 1993. The following subgroups will meet to begin issue identification:

*Health • Social Services/Mental  
Health • Education • Economics*

It is critical to attend this meeting if you want to be a part of the Montana Children's Alliance process in shaping the future for our children. Please call 449-8611 to register.

## ACTION ALERT!

### BUDGET CUTS THREATEN HEALTH CONSUMERS

MCMCH has been following Governor Stephens' proposed budget cuts affecting children and families. Although federally-funded MCH programs are immune, we have learned of one which affects consumers' ability to enforce the new well-child insurance mandates. The Department of Insurance proposes to terminate five of its six positions in Policy Holder Services to meet the entire 8% cut for the department. Call Governor Stephens at 1-800-332-2272 to voice your opinion.

## "Together for Children"

### Symposium & Conference in Late September

The 1991 Montana Early Childhood Symposium & Conference will take place at the Holiday Inn & Grantee Inn in Bozeman, September 26-28. Conference sponsors include: Montana Association for the Education of Young Children; Montana Child Care Association; MSU Early Childhood Project; Child Care Connections; and District IX HRDC Head Start.

For information contact: Together for Children, 1991 Montana Early Childhood Conference, MSU Early Childhood Project, Herrick Hall, Bozeman, MT 59717

**HEALTHY MOTHERS,  
HEALTHY BABIES RETREAT  
OCTOBER 15-17, 1991  
CANE RIDGE WEST, LINCOLN, MT**

The 1991 HMHB Retreat will target the Maternal Child Health Year 2000 Objectives and HMHB's Model "Maximizing the Potential of Every Child" in determining Projects for the coming year. Wednesday evening and Thursday are designed to address needs and concerns of local coalitions and develop an action plan to meet those needs.

We are very fortunate as our friend **Paul Shaheen** will be with us. Paul is the Executive Director of Michigan's Council for Maternal Child Health and was our Keynote Speaker at the Regional HMHB Conference in Bozeman in 1987. Paul's background includes extensive work in the field of MCH Advocacy, and he has been involved with shaping national MCH policy.

The cost of the retreat is \$25.00 with waiver of the registration fee for up to 2 people from community coalitions. You are encouraged to plan to participate in what promises to be a productive and powerful retreat. We need your help to make Montana a better place for mothers, children and families.

Please call 449-8611 for registration information.

1-800-421-MOMS

For  
Prenatal Care  
Information  
and Referral



**FETAL ALCOHOL  
SYNDROME & EFFECTS**

*A conference for  
professionals and parents  
New Issues in  
Diagnosis and Management*

*September 26 & 27, 1991  
Helena, Montana*

*For more information  
contact:*

*Katherine Berry, MS  
or Susan Lewin, MD  
Shodair Hospital 444-7530  
or 1-800-447-6614*



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